



Tweet 0

in Share

VOLUNTEER NOW

think-act-do

VOLUNTEERING NEWS & OPPORTUNITIES



6 May 2014

Hello and welcome to *Think - Act - Do*, keeping you up to date with volunteering news and opportunities.

Giro d'Italia is coming to Northern Ireland and you'll have noticed that the entire country has gone pink! The Big Start Volunteer Team have all been recruited and are in the process of training and receiving their uniforms, but there are still other organisations who need your help for this event and these are listed below.

Also in this edition you'll find a selection of volunteering opportunities from our website, turn up and try events where you can just turn up and give volunteering a go for a few hours, as well as fundraising opportunities and events.

We'd like to know what you think about our newsletter. If there is something you'd like to see included email communications@volunteernow.co.uk The next edition will be out in July.

Latest Volunteering Opportunities

Oxfam are the official charity partner of the **Giro d'Italia** event and have volunteering opportunities for individuals, family members, groups and work colleagues. Opportunities available in Belfast, Carrickfergus, Glengormley and Larne from **8-10 May**. For more info: <http://bit.ly/OcjDUQ>

Cancer Focus NI need volunteers to help with a bucket collection in Belfast on **Friday 9 May** - the first day of the **Giro d'Italia** race. This is a massive sporting event so it's a great opportunity to support Cancer Focus NI and get in on all the action. For more info: <http://bit.ly/1kn9tde>

NSPCC needs your help on **Saturday 10 May** for a bucket collection on the **Giro d'Italia** route in Belfast. It's a great one-off opportunity to volunteer for our charity and be part of this great sporting event. You will be right in the heart of the cheering crowds and the electric atmosphere on the race day, and we will provide you with all necessary guidance. For more info: <http://bit.ly/1kc10e0>



Turn Up & Try Opportunities

Turn Up & Try Volunteering Opportunities are one off opportunities where you can get involved straight away with no long term commitment, with some opportunities suitable for the whole family. The opportunities run throughout the year. Take a look at what's available below and go to <http://bit.ly/S3cSDC> for more information. Call or email the organisation in advance, then just turn up and try!

Conservation Volunteers Growing Communities The project focuses on the development of community gardens throughout the city. Transport can be provided from Beech House Ravenhill Road. Volunteers should wear old clothes and sturdy footwear and bring a packed lunch. Tea and coffee provided.

* Every Monday, 10am-12pm, Glen Community Garden, next to Glen Road Community Centre, Lenadoon, Belfast

* Every Tuesday, 2pm-4pm, Knocknagoney Community Garden, east side of Knocknagoney Park, Belfast

* Every Thursday, 10am-12pm, Grosvenor Community Garden, next to Roden Street Community Centre, Belfast

* Every Thursday, 2pm-4pm, Whiterock Community Garden within the grounds of Whiterock Community Centre, Belfast

* Every Thursday, 6pm-9pm, Finlay Park, Whitewell Road, Belfast

* Every Friday, 10am-2pm, Ballysillan Community Garden, Oldpark Road, Belfast

Walking In Your Community – [Community Walk Leader](#)

This is an excellent opportunity for individuals to attend a FREE Community Walk Leader training event, **Thursday 15 May** at Peatlands Park. Specifically designed for community groups and organisations, this course will allow community leaders and volunteers to gain the essential skills needed to lead short, safe and accessible walks with people of all ages and abilities. Location: Loughgall, Co Armagh

Mencap – [Family Fun Day Volunteer](#)

Mencap will be holding a free Family Fun Day in Belfast on **Saturday 17 May** and are looking for volunteers to help out at the event - bucket collection, children's face painting, a cupcake making workshop, a bouncy castle and much, much more. Location: Botanic Gardens, Belfast

Family Fun Day at Stormont – [Welcome Volunteer](#)

This year's Family Fun Day on **Monday 26 May** (Bank Holiday Monday) promises a wealth of activities from 10am to 6pm for all ages. Welcome Volunteers will have responsibility for greeting people who are attending the event and collecting donations at various entrances. All proceeds are donated to Children in Need. Location: Stormont Parliament Buildings, Belfast

NI Chest Heart & Stroke – [Causeway Trek](#)

This is the 9th year of Northern Ireland Chest Heart & Stroke's annual Causeway Trek. With hundreds of participants taking part each year this increasingly popular trek is one event not to be missed! Volunteers are required to help with car park marshalling, event registration and route marshalling on **Saturday 31 May**. Location: Giants Causeway

Armagh County Agricultural Show – [Volunteer Show Stewards](#)

Gain experience working within a prison setting and support parents to engage in a meaningful and positive manner with their children through shared activities such as arts and crafts, play sessions, music activities, story time, drama, baby massage, home work clubs etc Location: Gosford Park, Co Armagh

Barnardo's NI – [Family Play Support](#)

Gain experience working within a prison setting and support parents to engage in a meaningful and positive manner with their children through shared activities such as arts and crafts, play sessions, music activities, story time, drama, baby massage, home work clubs etc Location: Maghaberry Prison, Lisburn

Ballee & Dist Community Association - Summer Scheme Assistant Leader

Volunteers required to supervise primary school age children, help out at the project, be involved in activities and cleaning up. Location: Downpatrick
28 Jul - 1 Aug - <http://bit.ly/1r1v0BD>
11-15 Aug - <http://bit.ly/1k9fgS9>

* Every Saturday, 10am-2pm, Musgrave Community Garden, within Musgrave Park, Stockmans Lane, Belfast

* Every Saturday, 11am-3pm, Grove Community Garden, close to Wellbeing Centre, Belfast

Find Out How you Could Develop a Timebank

Volunteer Now is delivering free training on developing a Timebank on 18 June in our office at 34 Shaftesbury Square, Belfast from 10.00am - 12.30pm.



A Timebank is a way for people to come together to help others and help themselves at the same time. Participants 'deposit' their time in the bank by giving practical help and support to others and are able to 'withdraw' their time when they need something done themselves.

This training workshop is for individuals and organisations who are interested in setting up a Timebank. Key issues will be explored such as key roles, recruiting and supporting members, developing partnerships and projects, making and recording exchanges and sustainability.

For more information on Timebanking go to www.volunteernow.co.uk/volunteering/timebanking

To book a place your place go to www.volunteernow.co.uk/training-events/view/267

Shack Attack! Help Nail Poverty Housing!

Habitat for Humanity Northern Ireland is calling for teams to join them in the fight against poverty housing by taking part in Shack Attack, a unique, fun outdoor event taking place on 17th – 18th May 2014 at Wallace Park, Lisburn.

Habitat NI is looking for teams of four people (aged 16+) to work together to gather scrap materials, which they can then use to construct their own make-shift shelter in the park on the afternoon of Saturday 17 May. Each team will then camp out overnight in the shelter they have built experiencing a little of the hardship faced by

7-11 July - <http://bit.ly/1pJmgxl>

Carrickfergus Parkrun

Parkrun is a volunteer led, free event whereby anyone can walk, jog or run a measured, timed 5 km course every Saturday, starting at 9.30 am until approx 10.30 am. We have various roles from marshall, timekeepers, barcode scanner, results processor, and others. Full training provided

Location: Carrickfergus

For more info: <http://bit.ly/1I7oeCe>

Alzheimer's Society – [Memory Walk Volunteers](#)

Memory Walk is Alzheimer's Society's annual flagship fundraising event, with walks taking place throughout September across the UK. Memory Walk Volunteers will assist with activities on the day, such as setting up and dismantling the site, acting as an information point, registering and helping walkers, distributing information packs, managing cash from a variety of stalls, marshalling, helping to run stalls and refreshment areas and other similar activities.

Location: Stormont, Belfast (20 Sept); Foyle (7 Sept)

Bright Young Things – [Drama Workshop Volunteers](#)

Volunteer alongside experienced drama facilitators, teachers and professional actors with young people from 3 - 18 and gain skills in confidence, communication and creativity.

Location: Across Northern Ireland

Salvation Army - [Newry Knights](#)

NEWRY KNIGHTS are a new evening economy community support and welfare team soon to be launched in Newry. Working over the weekend evenings, Newry Knights patrols will be there to respond to individual and community need among the revellers.

Location: Newry

Guide Dogs – [My Guides](#)

Volunteer My Guides required to help blind and partially sighted people feel less isolated and become more involved in their local communities. You can encourage and support someone in a wide range of everyday activities which could include: going for coffee, going to the leisure centre, or going for a walk. Full training provided.

Location: Across Northern Ireland

Positive Futures – [Transport Buddy](#)

Could you spare a couple of hours a week to help someone increase their independence getting out and about using public and community transport?

Location: Lisnaskea

Stroke Association – [Communication Support Group Volunteer](#)

Support stroke survivors whose communication has been affected by their stroke in order to build confidence and promote independence within a group setting.

Location: Enniskillen

millions of families worldwide every day. There will be team activities, dinner on Saturday evening, breakfast on Sunday morning and lots of prizes across different categories.

It's a great opportunity to get involved with Habitat's work by doing something amazing at a local level. Each team is challenged to aim to raise sponsorship of £1,235, which is the average cost of a Habitat home in the developing world and so will really make a difference to a family in need of a decent place to call home.

For more information or to book your place in the 'slum' please contact call 028 9263 5635, email fundraising@habitatni.co.uk or visit www.habitatni.co.uk

The Mourne PLOD Challenge

The PLOD is a 50km team endurance challenge for teams of five (four walkers and one support driver) taking place at midnight on 13 June in the Mournes. This challenge is a fantastic opportunity for a team building exercise.

All fundraising is for Action Medical Research for Children, a leading national charity dedicated to the health of babies and children, which has been researching across the UK for over 60 years. There is a registration fee of £150.00 per team and a fundraising target of £1,200 per team.

This may be a charity walk but it is gruelling, tough and may be painful! Whether you are in it to win it or just want to push yourself to the limit go to www.action.org.uk/plod for more information.

You could Help Research into Ageing

Researchers in the School of Psychology at Queen's University, Belfast are exploring changes across the lifespan in the way new skills are learned.

They are looking for healthy, right handed volunteers aged 65 and above to take part in our study which involved approximately ten hours commitment in total over the course of four weeks.

In appreciation for your participation you will receive a £100 Victoria Square gift voucher.

If interested in taking part in the study contact 028 9097 5476 or email a.buick@qub.ac.uk or d.bolton@qub.ac.uk

Match Me

If you've searched our opportunities database or talked to us and still haven't found an opportunity that interests you, you can now advertise your talents or skills on our website so that volunteer involving organisations can read about you and match you to an opportunity with their organisation. Here is how it works:

Search for other opportunities at www.volunteernow.co.uk and like us on our dedicated Volunteer Opportunities Facebook page at www.facebook.com/VolunteerNowOpportunities where you will get updates on latest volunteering opportunities.

Over 50? Why not Unlock your Potential with on of these new roles

RSPB

RSPB are recruiting volunteers for some new Visitor Centre Assistant roles for when their Reserve re-opens in the Autumn. In the meantime you will get the chance to meet up with existing volunteers, keep busy with training and fact finding at other visitor attractions in the local area including:

Ulster Folk & Transport Museum – June
Castle Espie WWT – August

In between, we will hold team meetings to discuss our learning from these trips. If anyone is interested then they should contact Suzanne Irvine Suzanne.irvine@rspb.org.uk 02890 491547.

Abbeyfield Belfast

Abbeyfield Belfast is a long established organisation which provides independent, supported living for older people in with homes across South and East Belfast. We also provide outreach activities, events within the local communities and way days further afield. So if you have some spare time and are looking for a different way to spend it why not come along and share your knowledge and skills, making a definite impact in your local community.

Abbeyfield Belfast have a variety of volunteering opportunities available including, with our houses Friends' volunteer coordinator, Friends' Member and special interest volunteer. Our new Live Life to the Full Live project is also seeking volunteers for the roles of minibus drivers, activities assistants and travel buddies.

When you are not giving something back through volunteering why not let Abbeyfield's Live Life to the Full project give something back to you by providing activities, events and trips for people over 60 who have time on their hands and feel at a loose end. Let us know what ideas for programming you have and we will try to provide it for you.

To find out more about volunteering opportunities and to request volunteer role descriptions please call Niki Molloy about volunteering in our houses or Julianne about being a volunteer or participant in the Live Life to the full project, both managers can be contacted on 90 381332.

RNIB Walking Group Sighted Guides

Do you enjoy walking, keeping fit and getting out and

1. Tell us about the skills or talents that you would like to share, where and when you are available.

Email opportunities@volunteernow.co.uk or call Lynne on 028 9023 2020.

2. We'll then post information on your talents and skills excluding your personal details on our website.

3. We'll contact you about organisations who are interested in your offer and would like you to volunteer with them.

4. You decide which opportunity best matches what you want to do then contact the organisation to discuss the opportunity and make arrangements so you can start volunteering!

Get in Touch



Our Community Engagement Team are waiting to talk to you about volunteering. If you need help finding an opportunity in your local area give them a call or email:

South West (covering Armagh, Dungannon and South Tyrone and Newry areas) - 028 9023 2020
Raquel Rodrigues - 078 5085 1816
raquel.rodrigues@volunteernow.co.uk

North East (covering Antrim, Ballymena, Larne, Carrickfergus and Newtownabbey) - 028 9023 2020
Paul Dinsmore - 178 5085 182
paul.dinsmore@volunteernow.co.uk

Fermanagh - 028 9023 2020
Maeve Donaghy - 078 5085 1824
maeve.donaghy@volunteernow.co.uk

Belfast & South East (covering Belfast, Castlereagh, Ards, Lisburn, North Down and Down District) - 028 9023 2020
Lorraine Smyth - 078 5085 1819
lorraine.smyth@volunteernow.co.uk
Antje Otto - 078 5085 1821
antje.otto@volunteernow.co.uk

about in your local area? The South Eastern Health and Social Care Trust (SEHSCT) is starting a new walking group for people with sight loss over the summer months in the Lisburn City Council area and are looking for enthusiastic volunteers to get involved in walks.

The role involves acting as a sighted guide for walking groups, describing the scenery along the route and promoting the SEHSCT walking group. The walking group will take place every Tuesday across the summer months and usually lasts an hour to an hour and a half. Volunteers are not required to come every week, but can let us know their availability.

For further information contact the RNIB Group Volunteering Team on 0845 603 0575 or email volunteering@rnib.org.uk

Age NI Dementia Volunteers

Volunteers are needed for My Life, My Way, an innovative service providing support for older people with dementia and their carers, now available in Belfast and the Northern Trust areas. This five year project in partnership with Age NI, Belfast and Northern Health Care Trusts and the Big Lottery.

Linda Robinson, Age NI Care Services Director, said, "As part of the My Life, My Way project, we have two Community Navigators, Mandy Wilson and Rachel Moorhead, who will work with older people in their own homes and match them to a suitable volunteer, known as an Age NI Dementia Ambassador. These volunteers will help them to make informed choices about their care needs and signpost them to relevant information, options, services and facilities that will improve their health and wellbeing and enable them to live life their way."

To volunteer as an Age NI Dementia Ambassador, to make a referral to the service or to find out more about the project, please contact Mandy Wilson, Age NI Community Navigator (Northern Trust area) on 0743 658 1438 or mandy.wilson@ageni.org or Rachel Moorhead, Age NI Community Navigator (Belfast Trust area) on 0743 658 1437 or rachel.moorhead@ageni.org

Outdoor Recreation NI

Do you enjoy walking? Would you like to volunteer to set up a walking group in your area or join one? Walking in your community is a great way to get exercise and meet new people. If you would like to find out how you can get involved contact Nicola Cully on 028 903 06947 or email nicola@outdoorrecreationni.com Visit www.walkinginyourcommunity.com

**Volunteering –
Faces and Places
Exhibition**
Our Faces & Places
exhibition is visiting



Falls Library in May.

The exhibition displays a range of volunteers from across Northern Ireland in a variety of volunteer roles, capturing the diversity of volunteers. Pop in and take a look!

Disclaimer

We are a distributor of content supplied by third parties and users of Think - Act - Do. We do not necessarily endorse nor are we responsible for the accuracy of any opinion, advice or statement supplied by third parties and they do not necessarily reflect any views or policies of Volunteer Now. We accept information in good faith.

Supported by the Northern Ireland Executive through the Department for Social Development.

Volunteer Now delivers services across Northern Ireland. We have offices in Belfast, Broughshane, Enniskillen and Newry. Registered Office: 129 Ormeau Road, Belfast, BT7 1SH. T: 028 9023 2020 E: info@volunteernow.co.uk W: www.volunteernow.co.uk A Charity (Inland Revenue) No. XT22896. Company Limited by Guarantee No. NI602399. Registered in Northern Ireland.

~~Volunteer Now
129 Ormeau Road
Belfast, BT2 7DB
INT~~

~~[Read the VerticalResponse marketing policy.](#)~~

vertical DELIVERED BY
response
Try It Free Today!